

# Community Education Summer 2021

## General Information

We will be following all current Covid-19 guidelines. All participants should bring and wear a mask and bring enough water labeled with their name.

No telephone registrations will be accepted. You may mail your registration form or come to the Community Education office located in the Orchard Park High School at 4040 Baker Road. Our office is located next to the main Baker Road foyer adjacent to the cafeteria. For further information call 209-6295 or check our web site - [www.opschools.org](http://www.opschools.org) -for updates on the Community Education program.

Payment must accompany all registrations. Make checks payable to Orchard Park Central School District. We do not accept credit cards.

Most camps and classes have a minimum number needed in order to run so PLEASE REGISTER EARLY!!!

If your course is cancelled due to insufficient enrollment, you will receive a full refund by mail. Students will be notified if a course is cancelled. NO STUDENT WILL BE NOTIFIED THAT THE COURSE IS GOING TO TAKE PLACE.

It is the student's responsibility to check the beginning date, the location and the starting time.

If you wish to withdraw from a Community Education course, please notify the Community Education Office at 209-6295. You must notify us at least one week prior to the start of the class. No refunds after this time.

A medical examination is recommended for students taking courses involving physical activity.

SUMMER SPORTS CAMPS are Co-sponsored by Community Education and OP Athletics.

## Football Summer Conditioning Program

The key to a successful football season is an off-season conditioning program. A combination weight-lifting, stretching and agility program will prepare the athlete for the upcoming season. Staff will emphasize fundamental techniques that will make each participant a stronger, faster and a better prepared football player.

(Grades as of Sept. 2021)

**Instructors:** OP Football Staff

**Who:** 7th & 8th graders 8:00 a.m. - 10:00 a.m. Tues. & Thurs.  
9th & 10th graders 10:00 a.m. - 12:00 p.m. Tues. & Thurs.

**When:** July 6 - August 19

**Cost:** \$90.00

**Where:** High School Weight Room



**Who:** Varsity Level players (11th & 12th graders) 4 DAYS PER WEEK

**Time:** 10:00 a.m. - 12:00 p.m. (STA Workouts are Monday and Wednesday from 12:00pm-1:30pm)

**Where:** High School Turf, Weight Room and STA

**When:** Mon. - Thurs. July 6 - August 19 (First day is Tuesday, July 6 at OPHS Turf)

**Cost:** \$180.00 (Includes a 6 week, twice a week program at STA in Elma)

**Where:** High School Turf, Weight Room and STA

## Introduction to Field Hockey

This camp will teach you all the basic skills of field hockey, goaltending and scrimmaging.

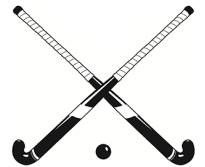
**Coaches:** Chelsie Hausberger, OP Modified Coach and Emily Markarian

**Who:** Girls Grades 2-9 (as of Sept. 2021)

**When:** Monday- Thursday July 26-29 8:00am - 9:30am

**Cost:** \$65.00

**Where:** High School Grass Field #1



## Strength and Conditioning Program for Female Athletes

Looking to get into shape and really take your conditioning to a new level for your upcoming Varsity or JV season? Join us to improve your strength, speed, agility and endurance in our conditioning program designed specifically for female athletes. We will teach you how to design your own training program specific to your sport and provide you with tons of tips to train on your own.

Space is limited to 30 participants so sign up ASAP!

**Coaches:** Erin Asquith, OP Girls JV Soccer and Modified Softball Coach and Abby Guzzino, Eden Varsity Field Hockey and Modified Lacrosse Coach

**Who:** Girls Grades 9-12 (as of Sept. 2021)

**When:** Tuesdays & Thursdays June 29 - July 29 8:00am - 9:30am

**Cost:** \$90.00

**Where:** Meet at OPHS Field House



## Boys Basketball Skills and Fundamentals Development Camp

Participants will be provided with individual skill and fundamental development as well as conditioning in the game of basketball through various drills and through the participation of 5 on 5 team competition during each session.

**Coach:** Chris Frankowski - Orchard Park Head Varsity Basketball Coach

**Who:** Students entering grades 9 - 12

**When:** Tuesdays & Thursdays July 13- August 12 8:00 AM - 10:00 AM

**Cost:** \$110.00

**Where:** High School Gym



## Basketball Camp for Girls

Campers will be instructed in every aspect of the game of basketball. Individualized instruction will be provided in a fun-filled environment. Each day of camp will include one-on-one teaching, skill enhancement drills and team play. Here's a brief summary of what you'll get out of this camp...  
Improve Your Ball handling-Considerable time will be spent on your dribbling and passing skills -- allowing you to reduce turnovers, handle any game situation, improve decision making, and improve overall ball handling skill. Improve Your 1 on 1 Moves-You will learn how to beat your defender off the dribble, when to attack, how to create space, and how to develop a more explosive first move. In today's game, so many players misuse the dribble. They use it and lose their advantage against the defense. You will learn how to effectively use the dribble and cover more space with fewer dribbles at a faster pace. Improve Confidence-During the camp, the coaches will teach the mental aspects of the game, help you build confidence, and become more aggressive. You will learn how to train your mind not just physical skills. Improve Decision Making-You will improve your ability to think and act in decisive ways. The unique decision making drills and skills will help you perform under pressure at the highest level. Improve Shooting-Shooting is a critical skill to be an effective player. You'll learn the keys to effective shooting and experience a variety of shooting drills to help you improve accuracy and ability to score points. Become More Aggressive-One of the biggest benefits to the training camp is the development of a confident attacking mindset. The drills, tools, and knowledge you'll receive at the camp will help you become more aggressive and assertive in games. Improve Speed & Agility-Throughout the camp, the coaches will integrate speed and agility drills to help you improve defense, your first step, and overall agility. Finishing Moves-With a ball in your hands throughout most of the camp, you'll get opportunities to improve your finishing moves and ability to finish at the basket. You'll learn what to do with the ball after you beat your defender and how to score more points. Campers will leave with a better sense of self and a better understanding of what it takes to be successful in basketball and, in turn, every aspect of life. We will address technical, tactical and applied aspects of basketball that will help a player develop their game beyond the level they are currently at.

**Coaches:** Gary Janas - OP Girls Varsity Coach, Julie Maxwell, OP Girls JV Coach

**Who:** Girls entering grades 5 - 12

**When:** Monday - Wednesday August 16-18 9:00 AM - 12:00 PM

**Cost:** \$65.00

**Where:** High School Gym

## HORSEBACK RIDING CAMP

Camp Director - Karen Kindel

Enroll your child in a summer program that offers all-day horsemanship duties and activities. He or she will learn the importance of responsibility in a fun environment while enjoying the activities associated with the care and maintenance of horses and stable. We study and learn all aspects of horsemanship, from feeding and nutrition, caring, grooming and stall cleaning. Hunt Seat Equitation is our specialty in riding. A weekly visit from our blacksmith will teach foot care and management. Riding is done once a day for approximately 50-60 minutes and includes a new trail riding program. Camp is arranged in small groups which offers more individual attention. Just bring your lunch, drink and a young equestrian. Safety is the rule at the stable so hard hats are required. If you don't have one, we have extras. A flat sole shoe with a small heel is recommended. Ages 6 & up. Register through Orchard Park Community Education. Contact Karen Kindel at 861-7843 for program information.

Register early! Spots fill quickly.

**Camp location:** 4760 Freeman Rd., Orchard Park

8:30am-12:30pm

3 day camp: \$165 June 28- 30

4-day camps: \$215 each

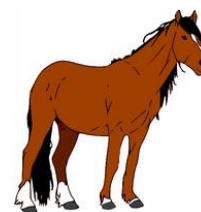
July 5-8

July 12-15

July 19-22

July 26-29

August 9-12



## HORSEBACK RIDING LESSONS For Kids and Adults!

Karen Kindel

These lessons will cover riding and horsemanship. Learn to handle horses safely and assertively on their backs and off with individual attention from the instructor. Students will learn English Hunt Seat Riding. We use close-contact, forward seat saddles, and have safe, quiet horses. We provide protective headgear or hard hats. A flat sole, low heel shoe or boot is desirable to aid in safety. All riders will participate in grooming and care of animals, so plan on staying longer than your assigned riding time. All days and times are available; any age or ability.

Call Karen Kindel at 861-7843 for appointment and more information.

**Location:** 4760 Freeman Rd., Orchard Park

Register through Orchard Park Community Education.

Choose one:

Four 20 minute lead line lesson for ages 6 and younger \$110.00

Four 30 minute group lessons for ages 7 & up \$150.00

Four 30 minute private lessons ages 7 & up \$170.00

## Child & Babysitting Training

## The Safety Company

The Child & Babysitting Safety (CABS) course from the American Safety & Health Institute will teach students everything they need to be a great babysitter. This fun, interactive course teaches first aid and safety skills so they can prevent and respond to emergencies. Topics include starting a business, leadership, CPR, choking and first aid. As an American Safety & Health Institute trained babysitter, they'll gain confidence and valuable employment skills to impress parents. Targeted for students 11-15 years old, the course is held over one 4 hour session. Students who successfully complete the program will receive a babysitter's text, first aid kit and certification card.

Choose One: Thursday, July 8 OR Thursday, July 22

9:00am-1:00pm

1 session

High School Commons

\*\*\*Please bring a bag lunch!\*\*\*

\$60.00 \*\*\*Please be sure to include date of birth on registration form\*\*\*



## ONLINE Singing Lessons for Everyone

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages!

**Lessons are 30 minutes of private instruction.**

Introductory price for Community Education Students:

**\$110 for 5 lessons**

**5 week session - flexible scheduling!**

Register through Orchard Park Community Education.

Call 716-821-1404 or email [HolisticArts@hotmail.com](mailto:HolisticArts@hotmail.com) for additional information.

\*\*Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms



## Performing Arts

The following classes are presented by Walh Performing Arts Studio~ A Dance & Musical Theatre Training School. Our faculty consists of college-educated professionals with national and international performance credits. *All camps will take place at our state-of-the-art facility located at 2937 Southwestern Blvd., Orchard Park. Register through Orchard Park Community Education.*

### Summer Crew Camp

#### Presents...Matilda Junior

Crew Camp: Interested in helping create props, set pieces, makeup design and the look of the show? This camp is for you! Crew Camp will be designing, constructing, painting, and will also assist with set changes for our Matilda Musical Theatre Camp.

Ages 11 - 17                      July 12-16, 19-22 (1pm-4pm)

Cost: \$325

Students will present a free public performance of Matilda junior at a local outdoor venue on July 22nd at approximately 2pm.

### Princess Camp

Hear Ye, Hear Ye! Calling all Princesses... Come enjoy the enchantment of the Princess experience! Little girls will celebrate their favorite princesses through games, music, dance, crafts, and lots of fun! Girls are encouraged to dress as their favorite princess for camp. Princess themed activities and snacks provided. Space is limited, so register early to reserve your spot. Your little princess will make memories that will last happily ever after.

Ages 3-6                      July 12 & 14                      10am - 12pm      Cost: \$80

### Tik Tok Camp

New this year! Following the rousing success of our pop up Tik Tok Hip Hop Camp last August... Tik Tok Camp is back and better than ever! Come learn the latest trends and be a part of the creation of new Tik Tok dances that may go viral! Space is limited, so register early to reserve your spot.

Ages 6-12                      July 19 & 21                      10am - 12pm      Cost: \$80

### American Girl Camp

A special camp for Girls and their favorite doll... Celebrate the beauty and joy of being a Girl with your American Girl Doll. Girls will be empowered to let their Inner Star shine through games, music, dance, crafts, and a special tea party with your doll. Dolls' stories will be shared and brought to life through this interactive experience. American Girl themed activities and snacks provided. Space is limited, so register early to reserve your spot. This American Girl Experience will create friendships and memories that will last a lifetime.

Ages 6-12                      July 20 & 22                      10am - 12pm      Cost: \$80

### **Broadway Babies Summer Camp**

Is my child ready to start dance lessons? Preschoolers can experience our outstanding Broadway Babies program, which combines the fundamentals of ballet and tap with fun crafts, and snacks provided. Kids will love this summer dance experience. Students will have a performance for parents on the last day. Class size is limited, so register early to reserve your spot.

Ages 3-6                      July 13 & 15                      10am - 12pm      Cost: \$80

### **Acro Camp**

Back by popular demand! Students will work on tumbling skills such as cartwheels, handstands, backbends, walkovers, handsprings, aerials, etc. Classes will focus on improving flexibility, strength, balance, and technique, including tumbling skills.

\*Great with TLT + Tap Camp!

Acro Camp 1                      Ages 10-15                      July 12 - 15                      9am - 10am

Acro Camp 2                      Ages 6-9                      July 19 - 22                      9am - 10am

Cost: \$80

### **Turns, Leaps, and Technique**

Soar this Summer... This camp is open to intermediate through advanced dancers. Four days of daily classes that will take each dancer to new heights. Classes will focus on improving dancers' stretch, strength, balance, and technique, as well as turning and leaping skills. \*Great with Acro Camp + Tap Camp!

TLT Camp 1                      Ages 10-15                      July 12 - 15                      10am to 11am

TLT Camp 2                      Ages 6-9                      July 19 - 22                      10am to 11am

Cost: \$80

### **Tap Camp**

Come join us! Tap camp is open to intermediate through advanced dancers. Four days of daily classes that will focus on rhythm and artistry. Students will work on advanced tap technique, including time steps and turns in the styles of both Broadway and Rhythm tap. \*Great with Acro Camp + TLT Camp!

Tap Camp 1                      Ages 10-15                      July 12 - 15                      11am-12pm

Tap Camp 2      \*New!                      Ages 6-9                      July 19 - 22                      11am-12pm

Cost: \$80

### **Glee Camp**

Have fun singing with your friends! Glee camp is open to students ages 9-15 who like to sing. Four days of classes that will focus on the fundamentals of singing and harmonizing through popular and Broadway genres. There will be a free public performance on July 22nd. \*Camp size will be limited and specific safety precautions will be followed.

Ages 9-15                      July 19 - 22                      11am - 12pm      Cost: \$80

## 5-Hour Prelicensing Course

The **5-Hour Pre-Licensing Course** will be offered Monday, August 2 from 8:00AM - 1:00PM at the Orchard Park High School. You must be 16 or older and have a valid NYS Learner's Permit (You must bring your permit the day of class). There is a \$35.00 fee, payable to Orchard Park Central School District. Please complete a registration form and send it in with your payment. Please call the Community Education Office at 209-6295 with any questions.



## Driver Education

Please check the district website, [www.opschools.org](http://www.opschools.org), for information and updates on summer Driver Education.



The 2021 Fall Brochure will be mailed in the Orchard Park Central School District Community Report Back-to-School edition. Classes begin September 27.



Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_  
 Evening Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Emergency phone \_\_\_\_\_  
 E-Mail Address \_\_\_\_\_  
 For Children Only: Age \_\_\_\_\_ Grade \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 Parent's Name \_\_\_\_\_

Course Name \_\_\_\_\_  
 Beginning Date \_\_\_\_\_  
 Day: \_\_\_\_\_ Time: \_\_\_\_\_

**Make checks payable to:**  
**Orchard Park Central School District**  
**Mail to:** Community Education Office  
 Orchard Park High School  
 4040 Baker Road  
 Orchard Park, NY 14127

Name \_\_\_\_\_  
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 Orchard Park High School  
 4040 Baker Road  
 Orchard Park, NY 14127

Please use these forms to register for all courses. Send one registration form for each course. **Please make checks payable to Orchard Park Central School District.**

Thank you!